









## FOLLOWERS – LESSON PLAN

Use the syllabus framework to complete above. Infants: 20 minutes; Juniors: 30 minutes; Middles & Seniors: 45 minutes

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title		
6	2	3	HOLINESS	Confession	17: Preparing for Confession		
<i>(Mod.= Module Number, Module Theme - in the heading, Module Title - uppercase in the cell, Lesson Num [NO. column] and Title)</i>							
							
Verbal V <input checked="" type="checkbox"/>	Logical L	Spatial S <input checked="" type="checkbox"/>	Kinaesthetic K <input checked="" type="checkbox"/>	Musical M <input checked="" type="checkbox"/>	Intra - personal P1 <input checked="" type="checkbox"/>	Inter - personal P2	Natural N

Tick the appropriate box(es) above [ copy this:  ] for the modes of learning being used in this session.

**Prayer:** O almighty and merciful God, I truly thank thee for the forgiveness of my sins; bless me, O Lord, and help me always, that I may ever do that which is pleasing to thee, and sin no more. Amen.

**Starter:**

*Pray dough confessions.* Children will be invited to take a ball of play dough (pray dough) and to think about something you have done in the past week that they realize was wrong and recognize that you need God's forgiveness for that wrong in your life. They will be encouraged to shape the ball of dough into something that represents the thing that you have done wrong.

**Learning objectives:**

To learn about the Sacrament of Confession and the need to pray and to examine our conscience.

To understand that the Sacrament of Confession is a gift from God for the reception of forgiveness and helps us grow spiritually.

### Core Activities and Learning

The teacher will tell children they will be learning about preparing for Confession.

1. The children learn how, despite their own uniqueness, they need relationships. If they do not make an effort, if they are selfish or generally misbehave they break these relationships. They become disconnected from their own goodness, from the group of friends and from God. To re-establish these relationships, they are challenged to see what they have done wrong or where they could have done better (examination of conscience), they acknowledge it and say sorry.

Children will be explained that as followers of Jesus we need to examine our lives and recognise our sinful thoughts, words, deeds and omissions so that we can bring them to God for forgiveness. Remind children of what sin is by asking them "Have you ever be ashamed?" (shame is the very first indicator of sinfulness, of something that we did wrong, of our bad choices).

Before the Sacrament of Confession, we prepare ourselves. We examine our conscience. We pray to the Holy Spirit for help.

Our examination of conscience should be done always with trust in God's mercy and love. The conscience is our inner voice, is a voice within each of us. It helps us to know what God wants us to do. It helps us know the difference between right and wrong. It helps us know the ways we have sinned. The Holy Spirit helps us to listen to and follow our conscience. The teacher will explain to children what the examination of conscience is. *Do I pray to God every day? ; Do I pray for my family and friends? ; Have I thanked God for His gifts to me? ; Am I attentive in church during the Liturgy? ; Do I receive Communion with care and attention? ; Have I respected and obeyed my elders, parents or teachers? ; Have I been rude or impatient?; Have I shared all that I should - of my belongings, my time and my friendship? ; Have I said things that I knew would hurt someone? ; Have I used well the time and talents God has given me? ; Have I been dishonest - with my teachers, my family, or anyone else? ; Have I offered my classmates, friends and family a good example of being a follower of Jesus? Do I speak to them about God and offer to pray for them?; Are there people I have refused to forgive?*

2. The teacher will explain to children that Confession is one aspect of our spiritual life in Christ and should be seen as a sort of spiritual check-up with one's spiritual father. Just as we go to the doctor who is able to see our medical history so he could say what do we suffer from and to prescribe the necessary medicine, so it is necessary for us to go to a spiritual father who knows us and is able to prescribe the most appropriate spiritual medicine. In our Orthodox Church, Confessions are heard in any convenient and open part of the church and quite often in front of the iconostasis. As we stand in front of the iconostasis, the priest stands beside us, serving as a minister and a witness before Christ on behalf of ourselves. It is not the priest, but rather God that listens to our confession. Repentance (being sorry for our sins) and confession have an important place in the development of our Christian life. The sacrament of the Holy Confession may be seen as a gift from God for the reception of forgiveness. It is also an opportunity to receive spiritual guidance from our spiritual father. With practice, Holy Confession may begin to appear as an opportunity for personal spiritual growth.

3. Hearts crafts activity. The teacher will engage the children in a craft activity that will remind them to keep their heart clean and to receive God into their hearts. Cut out heart shapes that are glued together to make a decoration. Children will be invited to draw the heart shapes on different coloured paper, then to cut them out using child scissors. Fold the hearts shapes in half along a vertical line and glue each half to the other, then add the string and glue the last heart.

**Resources:** Cut out heart shapes, (chain-hearts.jpg), string, scissors

**Review:** In the next session ask one of the children to recall what we have learnt this Sunday.

**Follow Up:** In the next session, we will learn more making my confession.